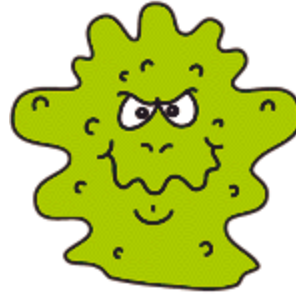


If it's cool you
won't get sick
and drool.



Dietary Guideline #8

Food Safety

Eat to live, not to be sick or die.



You don't wash your hands,
You won't have plans.



Raw chicken is not for lickin'



The Goal

- The goal to keeping our food safe to eat is to avoid foods that are **CONTAMINATED** with harmful:
 - BACTERIA
 - Viruses
 - PARASITES
 - Toxins
 - Chemical and Physical COntaminants.



I Don't Feel So Good

- It is estimated that every year 76 million people in the U.S. become ill from eating **CONTAMINATED** food.



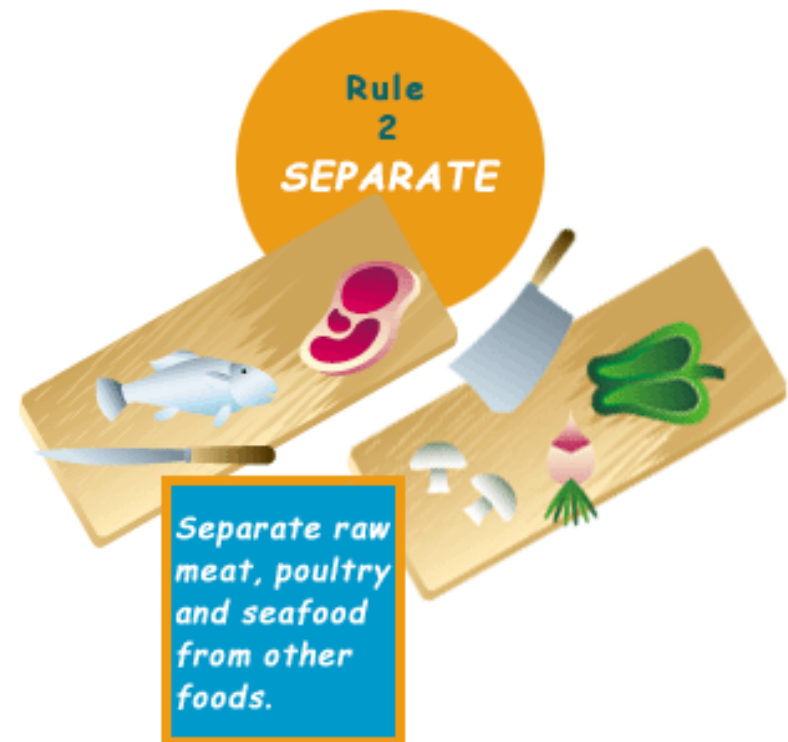
Key Recommendation #1

- **CLEAN** hands, food **CONTACT** surfaces, and fruits and **VEGETABLES**.



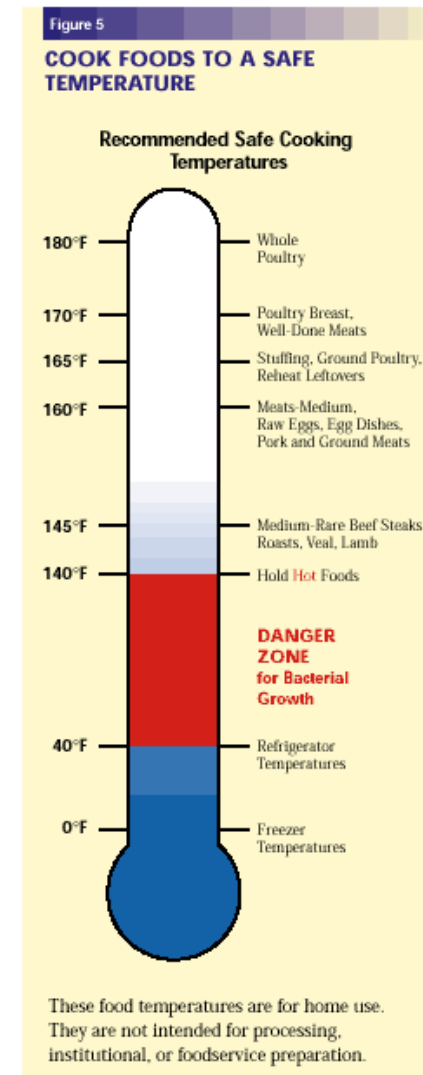
Key Recommendation #2

- SEPARATE raw, cooked and ready-to-eat foods while SHOPPING, preparing or STORING foods.



Key Recommendation #3

- COOK foods to a safe temperature to kill MICROORGANISMS.



Key Recommendation #4

- Chill (REFRIGERATE) perishable food promptly and DEFROST foods properly.



Key Recommendation #5

- Avoid RAW (unpasteurized) milk, unpasteurized FRUIT juices, or eating food made with RAW eggs.

